

WINNIPEG

metro®

Thursday, September 13,
2012



News
worth
sharing.

metronews.ca | twitter.com/metrowinnipeg | facebook.com/metrowinnipeg

TV HOST PUTS DOWN MICROPHONE TO RUN FOR EVERY WOMAN.

"For every woman. I'm running for you."

Entertainment Tonight Canada host Cheryl Hickey is a participant in the Canadian Breast Cancer Foundation CIBC Run for the Cure.

Canadian Breast Cancer Foundation

CIBC  Run for the Cure[†]

Canadian
Breast Cancer
Foundation 

 FOR
WHAT
MATTERS.





SUBARU

Confidence in Motion

INTRODUCING THE ALL-NEW XV CROSSTREK

SUBARU XV CROSSTREK

WELL EQUIPPED FROM **\$24,495***

Whether you're driving in the city or cruising through the country, there's no need to compromise. Precisely our thinking when we engineered the totally new XV Crosstrek. Full SUV capabilities like symmetrical full-time All-Wheel Drive, 1,500 lb. towing capacity and generous ground clearance, with sporty handling and class-leading fuel efficiency. While others said it couldn't be done, we took the challenge head on. Visit subaru.ca or your nearest dealer for more information.

*MSRP of \$24,495 on 2013 XV Crosstrek 2.0i Touring Package (DX1 TP). Taxes, licence, registration and insurance are extra. \$0 security deposit. Dealers may sell for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. See your local Subaru dealer or visit subaru.ca for complete program details. Japanese image shown. Canadian model may vary.



**FRONTIER
SUBARU®**

**2537 PEMBINA HWY.
944-6604**

\$1,000.00
**Accessory Credit on all New
in Stock 2012 Inventory**

*see dealer for details

SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 17 SHOPPERS DRUG MART



Stripes are stars in New York City

Fashion Week showcases spring's sophisticated style PAGE 18

WINNIPEG

metro

metronews.ca | twitter.com/metrowinnipeg | facebook.com/metrowinnipeg

Thursday, September 13, 2012



News worth sharing.

FORD CHEVROLET DODGE GMC
CHRYSLER KIA TOYOTA CADILLAC

✓ NEED A CAR
✓ NEED FINANCING
✓ NEED A GREAT DEAL

TRUCKS STARTING @ \$21K B/W CARS STARTING @ \$9 B/W
SUVS STARTING @ \$11K B/W VAN'S STARTING @ \$5K B/W

Apply online @ **AutoMallFinance.com** 1-877-796-0505

NEW & USED

**GUARANTEED APPROVAL
ALL LEVELS OF CREDIT**

100'S OF VEHICLES AT SALE PRICES!

**IF YOU CALLED US YESTERDAY
YOU WOULD BE DRIVING TODAY!**

**AUTO MALL FINANCE 1000-1717
WAVERLEY ST. WINNIPEG, MB**



Manitoba Museum spokesperson Scott Young says money from partners and government came together at the right time to pay for the upgrade at the Planetarium. TYLER PEACOCK/METRO

Stars align for planetarium improvements

Across the universe.
New equipment the biggest investment in more than 40 years



ELISHA DACEY
elisha.dacey@metronews.ca

Scott Young can barely see for all the stars in his eyes.

The spokesperson for the Manitoba Museum says the museum's planetarium is in the midst of an out-of-this-world upgrade.

"The original star projector was put in in 1967, and this is the first new projection system since then."

Called the Digistar 5 All-Dome, the new projectors will greatly enhance the type of programming the planetarium can offer, said Young.

Gone will be the "little pictures in the sky," and instead the entire dome will be one picture.

"The (current) star projector shows us the sky as seen from any point on the earth," said Young. "As soon as you want to leave the earth ... it can't handle that."

The new system, however, can be programmed with more current information and show the sky from almost anywhere in the known universe. "We can explore the universe in 3D."

Young says it can do much more than just show the stars, and the Museum is hoping local groups will put the new system to creative use.

"It's a really versatile kind of system ... I'd love to have a Fringe (Festival) group come in here and use it for a backdrop."

But don't worry, MARVIN, the current star projector, will

Details

- Previous versions of this system sold for as much as \$3.5 million in 1994. It now costs about \$350,000.
- Upcoming shows include a show about the Northern Lights, and a kids' show featuring Sesame Street character Big Bird exploring the world.

still be put to use for now.

"It's still so good at what it was and what it does, clearly projecting the stars," said Young.

The planetarium is closed until Thanksgiving weekend to install the new equipment and prepare the theatre. A grand opening will be held Oct. 6 for the public.

Rising class

U of W and U of M seeing increased fall enrolment PAGE 3

In control

Goledyes take 2-0 lead in championship series PAGE 23

Free skies

Skydiving trip gives musician moxie to go solo PAGE 14

ASTIGMATISM?

LASIK corrects astigmatism more effectively than glasses or contact lenses.

LASIK MD

VISION

LASIK starting at **\$490/eye***
FREE Consultation: 1-855-894-2020
lasikmd.com/astigmatism

*Prices are subject to change without prior notice. Prices are based on the type of procedure and the complexity of the surgery on both eyes only. Other conditions may apply.

ENERGY 106

WINNIPEG'S **NEW** #1 HIT MUSIC STATION

5:30AM TO
10:00AM



THE
**FRANKIE
HOLLYWOOD**
SHOW WITH
MJ

Health worker snoops in kid's file

Manitoba's acting ombudsman says penalties for nosiness should be strengthened now that technology is making it easier for health-care workers to snoop into the private information of patients they have a grudge against.

"In the old days, three people had access to your record — your doctor, his or her nurse and his or her receptionist. Now, you can have thousands of people with access to your records," Mel Holley said Wednesday.

Holley has concluded an investigation into a case last year in which a worker at CancerCare Manitoba, the province's prime centre for cancer treatment, got into the electronic patient files of a neighbour's child who was undergoing treatment. The worker, whom Holley did not identify, did not need to see the child's file for any work-related purpose, but did so because of a personal conflict with the youngster's mother.

"The complainant informed us that after her daughter was diagnosed with cancer in early April 2011, the employee had unsuccessfully tried to obtain information about her daughter from another person known to the complainant and the employee," Holley wrote in his report.

"The complainant suspected that after this attempt to obtain information failed, the employee abused her position at CancerCare and searched CancerCare's electronic medical records ... for information about her daughter."

CancerCare officials investigated, discovered that the worker had opened the file and ordered the worker not to have any contact with the patient while on the job. But because the worker kept the information to herself, there was no violation of provincial law.

The Personal Health Information Act forbids only the disclosure of medical records, not snooping. That should change, Holley said, to ensure that patients do not feel violated.

THE CANADIAN PRESS

Red River. Police need help identifying body

Winnipeg police have released a sketch of an unidentified woman whose body was found in the Red River earlier this summer in hopes that someone recognizes her.

Wednesday's release of a forensic artist's facial reconstruction of what the woman may have looked like is the latest in several attempts by the WPS to identify the woman after she was found just south of the north perimeter bridge June 15.

Police do not suspect foul play in the woman's death.

Earlier this summer, photographs of jewelry found with the woman were released, but police spokes-



Sketch of the unidentified woman.
CONTRIBUTED/WINNIPEG POLICE SERVICE

person Const. Jason Michalysen said a positive identification has yet to be made.

The woman is believed to be between 35 to 50 years of age, around five-foot-five, with a slim build, and may have worn dentures. Anyone with information can call investigators at 204-986-6250. SHANE GIBSON/METRO

Contract. Morning show hosts quit Power 97

The morning routine of many Winnipeggers will sound a little different Thursday after all three of Power 97's morning-show hosts quit following Wednesday's broadcast.

Dave Wheeler confirmed to Metro that he, Phil Aubrey and Rena Jae all left as a team after not being able to agree with the terms of a contract with Corus Entertainment.

The three didn't mention the plan on-air to listeners.

"We kind of knew today through the show that this would be the last one, but we wanted to stay as professional as possible," said Wheeler Wednesday. "We still have a

love for Power, we think it's a strong brand, and it's unfortunate we couldn't come to terms."

Wheeler said the three hosts would continue to work together in radio, and hope to be able to stay in Winnipeg. "Wherever we go, we're going as a team," he said.

SHANE GIBSON/METRO

Exclusively online

For more local news,
visit metronews.ca.



More students back to class at Winnipeg universities

Class act. U of W, U of M report higher enrolment this fall

U of W demographics

12%

More than 12 per cent of first-year U of W students self-identify as aboriginal, making the school among the top for Indigenous participation in Canada.

SOURCE: U OF W



SHANE GIBSON
shane.gibson@metronews.ca

As students across Winnipeg settle back into their seats for another school year, the city's two biggest universities both report a marked increase in enrolment.

At the University of Manitoba enrolment hit an all-time high this September, with first-day numbers coming in at 28,795, up nearly three per cent from this time last year.

"We have a wide variety of programs as well as some very highly regarded programs in specific fields," said John Danakas, U of M director of management communications, attributing the increase in part to recruitment of foreign students.

"There's a lot of demand for a post-secondary education in China, India and

Nigeria, and students from those countries are looking abroad for opportunities."

Downtown at the University of Winnipeg, enrolment in graduate programs grew nearly 12 per cent over last year, with 507 students registered, and undergraduate classes saw a jump of almost one per cent to 9,651 full-time and part-time students.

"The university has always had a good reputation, and we take pride in our teaching," explained Neil Besner, U of W vice-president of research, recruitment and international.

"People understand that they're going to get attention from their professors and that they're going to benefit from small classes and en-



Both the University of Manitoba and the University of Winnipeg say their enrolment numbers are up this fall over last year. TYLER PEACOCK/FOR METRO

gagement in research."

While enrolment numbers won't be available from Red River College until next week, the school's communications co-ordinator Colin Fast told Metro the count won't likely have changed much over last year.

"Our problem is basically that we have no more room to put anyone," he explained.

"With the opening of the Paterson GlobalFoods Institute in January, that should maybe provide a little additional capacity, but until we add some serious new buildings here we're in a bit of a jam in terms of fitting new students."

Follow Shane Gibson on
Twitter @tsigibson



Mobile news



Qrikel

You don't see this every day. Scan the code to see how a car passing by a large crane was accidentally hooked and dragged several metres.

NOW WITH

- SUSHI
- BUBBLE TEA
- CHINESE FOOD

(204) 668-1960 Unit 900-1615 Regent Ave. W

\$2.00 OFF

REGULAR LUNCH OR DINNER

(Adults & Seniors only. One coupon per person, not valid on Holidays) Expires September 30, 2012.

www.royalforkwinnipeg.com

Indecent act. Cops release photo of suspect sought

Winnipeg police need help tracking down a man alleged to have indecently exposed himself in River Heights earlier this summer.

Police released a photo of the suspect Wednesday.

A man was twice seen performing an indecent act while exposing himself and riding a bike in the River Heights area at about 9:30 p.m. July 6.

The suspect is described as white, in his mid-30s, tall, with long reddish hair in a ponytail. He had a trimmed beard and was wearing a brown jacket



Photo of suspect WPS HANDOUT

with a hood, dark sunglasses and blue jeans. He was riding a dark-coloured mountain bike at the time. Call Crime Stoppers at 204-786-TIPS with any information.

BERNICE PONTANILLA/METRO

Land-swap deal. Review expected within 2 weeks

Winnipeg Mayor Sam Katz says the city will seek outside help into a review of a controversial land-swap deal.

The controversy swirls around how a deal went down between the city and Shindico Realty Co. over a recently built fire hall on Taylor Avenue on land owned by Shindico and the city.

Last week, Katz said he asked the City of Winnipeg's chief financial officer, Mike Ruta, to conduct a financial review on the replacement and relocation of four fire

paramedic facilities, including the location on Taylor Avenue.

Katz said while he doesn't have an exact date for when the review will be complete, he expects it within the next two weeks.

"(Ruta) has reported to me that he has requested the auditor to assist him with part of it, he is also seeking some outside, third-party assistance and I can tell you his goal would be to probably have it within 10 days," said Katz.

BERNICE PONTANILLA/METRO

Mayor Katz defends 'dormant' company deal with city's CAO

Public perception. But says he would have done the deal differently if he had a second chance



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

As a new controversy erupted at city hall, Mayor Sam Katz admitted that if he could go back in time, he would do things differently.

Katz was referring to his purchase of a company owned by Phil Sheegl, the City of Winnipeg's chief administrative officer.

"If I had to do this again, I would have paid the three or four thousand dollars, found a lawyer and, boom, done that, no doubt about that,"

said Katz on Wednesday, following the executive policy committee meeting at city hall.

On Tuesday evening, CBC Manitoba and the Winnipeg Free Press reported Katz bought an Arizona-based company, Duddy Enterprises LLC, owned by Sheegl, last March.

Katz stated that the company is dormant and he bought it for \$1, which means that it does not have to be declared under the Manitoba's Municipal Council Conflict of Interest Act.

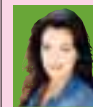
This act requires disclosure if the company is worth more than \$500 and the municipal official holds more than five per cent of its value.

Katz said he recognizes that public's perception of this deal may be negative, but he's been "assured that there is no conflict of interest."



Mayor Sam Katz talks to media Wednesday morning about the business deal, which saw him purchase a company owned by the city's chief administrative officer. BERNICE PONTANILLA/METRO

LOCAL MAN BITTEN BY TRAVEL AND LOVE BUG



ABOVE-AVERAGE JOE
Kerri Salki

Meet Greg Babiak. Born and raised in Winnipeg, Greg got bitten by the travel bug, which led him to Vancouver where he worked in tourism for more than six years.

Shortly after his return, he met the love of his life, Chrissy. They bought a house and got married in the backyard, all in the same month!

He loves cruising the Caribbean, plays English billiards in a league, and is in school part-time taking courses under the Health Services Leadership and Management program.

And if that doesn't keep him busy enough, he's also the proud new father of five-month-old daughter Scarlett!

Born: 1973, Misericordia Hospital, Winnipeg
Occupation: Intake Operator, Misericordia Health Centre
Dream job: Marine Biologist
Favourite sport: Football
Favourite team: Miami Dolphins
Thin Crust or thick crust: Thick
Pet peeve: Rude people
Last time you cried: When



Greg Babiak and his daughter Scarlett. CONTRIBUTED

his daughter Scarlett was born, April 2, 2012

Book you are reading? Me to We, by Craig and Marc Kielburger

Most exotic place you've been: Japan, 1988 on a student exchange

Celebrity crush: Jessica Alba ("I saw her in person once filming Dark Angel in Vancouver")

Last meal you cooked, what was it? Meatloaf

Salty or sweet? Sweet

Star Name: (pet name + street name) Lucy Lindsay

Just because they're not famous doesn't mean they're not a somebody. If you know an Above Average Joe that you think needs recognition, e-mail me at kerri.salki@1023clearfm.rogers.com.

KERRI IS PART OF THE SHOW JAY AND KERRI IN THE MORNING ON 102.3CLEARFM.

Robbery. Two teens charged after elderly woman mugged

Two teenaged girls have been arrested after an 80-year-old woman was pushed to the ground during a purse snatching in the North End Tuesday morning.

Police said the woman had been walking near the corner of Main Street and Cathedral Avenue at about 9:20 a.m. when two female suspects came up from behind and knocked her to the ground, while pulling her purse from her arm.

"The female attempted to hang on to her purse, and I believe she was even dragged," said police spokesperson, Con-

st. Jason Michalysen. "The incident certainly would have been very traumatic."

The woman was injured in the fall.

Witnesses chased the two suspects as they fled, causing one of the suspects to drop the woman's purse.

Police caught up with and arrested the suspects five minutes later at a nearby residence in the 100 block of Machray Avenue.

Both have been charged with robbery, and one was released on a promise to appear.

METRO

Eyeteck
LASIK+
clinic

**BOOK YOUR FREE
CONSULTATION TODAY!**

204-946-5595

250 Portage Ave.

Winnipeg

Price Match+* Guarantee
We will match any competitor's price
Plus give you a \$500 Coupon**

+* **More Procedures**

+* **More Technologies**

+* **Most experienced LASIK surgeon**



****redeemable for goods & services at Eyeteck Lasik Clinic
(Thermage, Fraxel, IPL Hair Removal, designer sun glasses & more).
Some restrictions apply.**

"Come in and see the difference!!"

**"Better technology
for better vision"**

WagJag.com

DEAL OF THE DAY!

GET DEALS ON YOUR PHONE:  

*Multiple
Offers*



BUBBLEPIX: THREE OPTIONS
OPTION 1: \$15 FOR A 20-PAGE PHOTOBOOK
OPTION 2: \$19 FOR A 40-PAGE PHOTOBOOK
OPTION 3: \$35 FOR AN 80-PAGE PHOTOBOOK

Regular Price: \$49

You Save: \$34

Discount:
69%



Buy For:
\$24

\$24 FOR AN AUTOMATED LEGAL WILL FROM DYNAMIC LEGAL FORMS (A \$110 VALUE)



Buy For:
\$59

\$59 FOR DUCT CLEANING OF UP TO 10 VENTS FROM RAZOK'S MANITOBA HEATING & COOLING (A \$225 VALUE)



Buy For:
\$12

\$12 FOR A GPS-AWARE PET ID TAG AND ONLINE PROFILE FROM PETTOO (A \$28 VALUE)



*Multiple
Offers*

WagJag Golf

FUERZA: TWO OPTIONS

OPTION 1: \$38 FOR A FRZ-2455 GOLF AND LEISURE WINDBREAKER
OPTION 2: \$45 FOR A FRZ-2457 GOLF AND LEISURE JACKET



LAST CHANCE

Visit: **WagJag.com**

Follow us:



facebook.com/wagjag
@wagjag

Hurry to WagJag.com to purchase local deals before time runs out.

U.S. sends marines to Libya after ambassador, staff killed by mob

Tripoli. Storming of consulate on 9-11 anniversary linked to anti-Muslim video, while U.S. investigates whether this was a terrorist attack

The U.S. dispatched an elite group of marines to Tripoli on Wednesday following a mob attack that killed the U.S. ambassador to Libya and three other Americans. U.S. officials are investigating whether the violence was a backlash to an anti-Islamic video with ties to Coptic Christians, or a plot to coincide with the anniversary of the 9-11 attacks.

Tuesday's stunning attack on the American Consulate in Benghazi poses a daunting task for U.S. and Libyan investigators: searching for the culprits in a city rife with heavy weapons, multiple militias, armed Islamist groups and little police control.

The one-story villa that serves as the consulate was a burned-out wreck after the crowd armed with machine-guns and rocket-propelled grenades rampaged through it. Slogans of "God is great" and "Muhammad is God's Prophet" were scrawled across its scorched walls. Libyan civilians strolled freely in charred rooms with furniture and papers strewn everywhere.

U.S. President Barack Obama vowed in a Rose Garden address that the U.S. would "work with the Libyan government to bring to justice" those who killed Ambassador Chris



Egyptian protesters burn a U.S. flag and chant anti-U.S. slogans during a demonstration in front of the U.S. Embassy in Cairo on Wednesday as part of widespread anger across the Muslim world about a film ridiculing Islam's Prophet Muhammad. NASSER NASSER/THE ASSOCIATED PRESS

Stevens, information manager Sean Smith and two other Americans who were not identified. Three other Americans were wounded.

Stevens was the first U.S. ambassador killed in the line of duty in 30 years.

"We reject all efforts to denigrate the religious beliefs of others, but there is absolutely no justification for this type of senseless violence. None," said Obama, who also ordered increased security at U.S. diplomatic posts abroad.

Republican Mitt Romney accused the Obama administration of showing weakness

Quoted



"Canada strongly condemns and deeply regrets yesterday's senseless attack on the U.S. consulate in Benghazi, Libya.... We also urge Libyan officials to ensure the extremists responsible are brought to swift justice."

Canadian Foreign Affairs Minister John Baird, who said Canada is reviewing the security situation at its embassy in Tripoli in the wake of the killing of American diplomats in Libya

in the consulate killings, but the president retorted that his rival "seems to have a tendency to shoot first and aim later." Some in the Republican

Party called Romney's remarks hasty.

The mob attack on Tuesday — the 11th anniversary of the Sept. 11, terrorist strike in the

U.S. — was initially presumed to have been a spontaneous act triggered by outrage over a movie called "Innocence of Muslims" that mocked Islam's Prophet Muhammad that was produced in the U.S. and excerpted on YouTube. The amateurish video also drew protests in Cairo, where angry ultraconservatives climbed the U.S. Embassy's walls, tore down an American flag and replaced it with an Islamic banner.

But a U.S. counterterrorism official said the Benghazi violence was "too co-ordinated or professional" to be spontan-

Pseudonyms

Man confirms role in anti-Islam film amid mystery

The search for those behind the provocative, anti-Muslim film that triggered mobs in Egypt and Libya led Wednesday to a California Coptic Christian convicted of financial crimes who acknowledged his role in managing and providing logistics for the production.

Nakoula Basseley Nakoula, 55, told The Associated Press that he was the manager for the company that produced Innocence of Muslims, which mocked Muslims and was implicated in inflaming mobs in Egypt and Libya.

Nakoula denied he directed the film and said he knew the self-described filmmaker, Sam Bacile. But the cellphone number that AP contacted Tuesday to reach the filmmaker who identified himself as Sam Bacile traced to the same address near Los Angeles where AP found Nakoula. Federal court papers said Nakoula's aliases included Nicola Bacily, Erwin Salameh and others.

THE ASSOCIATED PRESS

eous. The official spoke on condition of anonymity because he was not authorized to discuss the incident publicly.

The FBI was sending evidence teams to Libya, a law enforcement official said.

Libya's new leadership — scrambling to preserve ties with Washington after U.S. help to overthrow former dictator Moammar Gadhafi — vowed to find those behind the attack. THE ASSOCIATED PRESS

Based on every dollar you invest in The Greater Interest GIC®, Canadian Western Bank will make a donation to your local Big Brothers Big Sisters organization.

Available September through October.

The more YOU INVEST, the more LOCAL KIDS benefit.

18 month RRSP / RRIF / TFSA or regular GIC

2.00%*

Learn more at greaterinterest.ca or call us today:
Downtown: (204) 956-4669
New branch opening in Kenaston: (204) 452-0939

THE GREATER INTEREST GIC

CANADIAN WESTERN BANK

Big Brothers Big Sisters

* Rate subject to change without notice. Available for a limited time only. Interest is compounded annually, paid at maturity. Some restrictions apply. See branch for details.

Member of CDIC

MISSING



Robert Brent (Bobby) Thomson

A missing persons report has been filed by the family for Robert Brent (Bobby)

Thomson. Bobby is 20 years of age about 5'7 with blue eyes and weighs approximately 140 lbs.

If you have information on his whereabouts, please
CALL 204-299-2864.
All calls will be confidential.

metro

CANADA'S FIRST NEWS APP IN
NEWSSTAND
Now available for iPad, iPhone and iPod touch



Ethnic identity. Rachel lets you speak your mind

When the Bank of Canada removed an image of a female scientist billed as Asian-looking from its new \$100 banknotes, Rachel Décoste took to the Internet.

She decided to start a cross-country dialogue on what it means when someone identifies as Canadian.

"One of the things that the national narrative of Canada negates most of the time are the struggles, the daily struggles, that exist for people who are not 'neutrally' ethnic," Décoste said.

In late August, she launched Neutraethnicity.

com, calling on Canadians to share their stories about belonging and identity.

Stories, poems and essays from Nova Scotia to Vancouver, have started to trickle into Décoste's inbox.

Stories from Canadians like Abubakar Kasim, who wrote about his experience dealing with a frustrated traveller at Toronto's Pearson International Airport as a customer service agent.

The woman angrily said to him: "Can I speak to someone from this country, please?"

SUZANNE MA/METRO IN VANCOUVER

Stem cell discovery

Humans help gerbils hear

Deaf gerbils have been helped — by humans.

British researchers say they've restored the gerbils' ability to hear using implanted human embryonic stem cells.

And they call it a first step in potentially overcoming some causes of hearing loss in people.

THE CANADIAN PRESS

Feds commit \$11.4M

Mentally ill troops get boost

Ottawa is boosting funding for treatment of mentally ill military personnel and veterans.

Defence Minister Peter MacKay says his department will spend \$11.4 million to hire psychiatrists, psychologists, mental-health nurses and addictions counsellors.

THE CANADIAN PRESS

New rap for Tori's killer: She beat up fellow inmate



Terri-Lynne McClintic is escorted into court in handcuffs in Kitchener, Ont., on Wednesday. GEOFF ROBINS/THE CANADIAN PRESS

No remorse. In an intercepted jail letter, McClintic boasts of repeated kicks and 'stompin' on her face'

The woman serving a life sentence for the first-degree murder of Tori Stafford has added another conviction to her criminal record.

Terri-Lynne McClintic admits she beat up a fellow inmate — and she regrets not causing more severe injuries.

McClintic, 22, was facing a charge of assault causing bodily harm for what the

Quoted

"One would hope that somehow you can come to some kind of peace. I can't imagine your turmoil you must feel within yourself."

Judge Colin Westman, while sentencing McClintic

Crown called a "completely unprovoked" attack at Grand Valley Institution for Women, but instead pleaded guilty Wednesday to assault.

Crown attorney Julia Forward told court the victim, Aimee McIntyre, was no longer co-operating with the Crown.

McIntyre was serving a life sentence for first-degree murder in the death of her former lover, though a new trial was recently ordered.

Ontario Court Judge Colin Westman sentenced McClintic to six months on this assault, but noted it doesn't change her life sentence because sentences run concurrently in Canada.

McClintic pleaded guilty in 2010 to the first-degree murder of the eight-year-old girl from Woodstock, Ont.

Former boyfriend Michael Rafferty was convicted earlier this year of first-degree murder, sexual assault causing bodily harm and kidnapping.

Tori was raped and brutally beaten to death.

THE CANADIAN PRESS

Hospital alert

Patients face new colon tests

More than 600 patients who had colonoscopies at a Montreal-area hospital will have to submit to new exams.

Officials say a review shows exams conducted on 684 patients between 2009 and 2012 are incomplete. The examinations were carried out at the Lakeshore General Hospital by the same doctor. That doctor no longer works at the Lakeshore General. THE CANADIAN PRESS

Richard III riddle

Canuck may unveil a king

King Richard III's burial place has been a mystery for centuries — but a Canadian may help.

A British team has discovered bones that may belong to Richard, but won't be able to prove it without DNA proof.

That proof may come from Michael Ibsen, who was born in Ontario and now lives in London.

His family is said to share DNA with the notorious 15th-century monarch. Ibsen has given researchers a sample of his DNA.

THE CANADIAN PRESS

Penny pinching? Folk musician feels Canada's being nickel and dimed



Taking a penny, or an image of a penny, may end up costing a Nova Scotia musician. TIM FINLAN/TORSTAR NEWS SERVICE

A Nova Scotia folk musician whose penny-inspired album has raised the ire of the Royal Canadian Mint says the fuss has left him feeling sheepish.

Dave Gunning said Wednesday he was told by the mint that his soon-to-be released album infringes copyright because its artwork includes images of the ubiquitous one-cent piece.

Gunning — who describes himself as "a proud Canadian" — has told his story of being nickel-and-dimed by the mint to media outlets across North America.

"Part of me is a little bit embarrassed about it," Gunning said from Pictou, N.S. "Not embarrassed for myself, necessarily, but embarrassed for Canada a little bit."

The award-winning singer said his album, titled No More Pennies, is meant as a homage to the humble coin, which the mint plans to stop producing this fall.

He said the mint was "very kind" to waive licensing and administration fees for the first 2,000 albums produced, but his next batch of CDs will cost him \$1,200 — or 60 cents a pop.

Mint spokesperson Christine Aquino did not rule out waiving the fee altogether, but said the agency is trying to protect its rights.

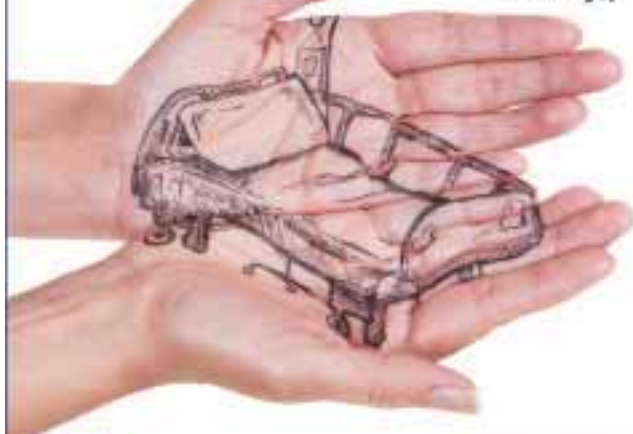
"Similar to an author who's written a book or a musician who's produced a song, we're protecting our property," she said.

THE CANADIAN PRESS

REWARDING CAREERS ARE NEVER HANDED TO YOU. AT CDI COLLEGE, WE'LL HELP YOU EARN ONE.

CDI College has been helping people like you launch successful careers for more than four decades. Choose from over 50 market-driven programs in **Business, Art & Design, Technology and Health Care.** A new career can be in the palm of your hand. Call CDI College today!

Practical Nursing
— Just one of many
healthcare career
programs at
CDI College.



cdi college
Canada's Leading
Career Training Provider

To get started today, visit
mb.cdicollege.ca
or call **1.877.404.4355**

youtube.com/CDICollege

twitter.com/CDICollege

facebook.com/CDICollege

CBC reveals wiretap evidence that details how a fix was arranged in 2009

**\$20,000
bribe
paid off**

According to the CBC, wiretaps detail how one of the fixers — a man by the name of Zivko Budimir — arranged a fix in 2009.

He paid CSL All-Star Antonio Zupan \$20,000, which he shared with four teammates on Toronto Croatia, the wiretaps show.

In exchange for accepting the bribe, Zupan and Toronto Croatia ensured they would lose by at least two goals to the Trois-Rivières Attak on

Sept. 12, 2009.

Zupan, who missed a crucial penalty in the game, was successful and the final result ended 4-1 in the At-tak's favour.

The fixers had wagered \$143,000 on a combination of bets that included that game.

BEN RYCROFT/METRO



Toronto Croatia's Tomislav Ples nearly gets a boot from Dragan Cosic of the Serbian White Eagles as the two teams tied 0-0 in the second championship game at Esther Shiner Stadium in North Toronto in 2007. A German court heard evidence last year that a game involving Toronto Croatia was fixed in 2007. STEVE RUSSELL/TORSTAR NEWS SERVICE

Time for action on match-fixing

No crackdown.

A year has passed, but soccer bosses have done little, claiming they're waiting for FIFA to guide them

BEN RYCROFT
winnipeg@metronews.ca

The Canadian Soccer League has done little since learning more than a year ago that European match-fixers are in Canada actively seeking to manipulate games in the CSL.

The league, which has teams in Ontario and Quebec, along with the Canadian Soccer Association (CSA), is waiting on FIFA for guidance on how to respond.

In the meantime, convicted, confessed match-fixers have been caught on tape talking about purchasing a local Canadian team.

In a documentary that aired on CBC's *The National* Wednesday night, CSL commissioner Vincent Ursini said the league is aware of the problem and is waiting on FIFA.

Since I brought CBC this story more than a year ago — with the help of their investigative team — the story has grown into one that has

More evidence

Even before the documentary had aired last night, three current CSL players had reached out to share what they know about match-fixing in the league.

- They each told similar tales of being approached with offers of bribes to fix games. Metro will continue to follow the story.
- If you have any information you would like to share with Metro on match-fixing in Canadian soccer, please contact letters@metronews.ca.

spanned three countries and two continents.

Importantly, it would include pages of German police wiretaps and court documents.

Those documents were flush with conversations between Ante Sapina, Marijo Cvrtak and Chris Budimir — German-based match-fixers — talking about how they could manipulate games in the Canadian Soccer League.

And once they had actually done it, the tapes caught their overwhelming glee at their prospects.

"If we don't become rich here, then I don't know where we could become rich," Budimir told Cvrtak, the CBC reported.

Meanwhile, their conversations extended further, even looking at what it would take to buy a team and arguing at how fast they should go about doing that.

According to the wiretaps, Budimir reported back to Cvrtak in 2009 that players make less than \$500 a month and a club in the CSL could be bought for \$150,000.

According to Budimir, buying was a three-year process. Cvrtak wanted to know if it could be done in one.

"They are all amateurs ...Nobody knows that they have teams there like here," Budimir told Cvrtak on the wiretap.

"One can start a team there with \$150,000 and play in the first league right away."

Now that this information is public, there are calls for the CSA to conduct an investigation into who is financing teams in the CSL.

If it's going to continue to sanction the league, a full investigation by the CSA into who is financing teams in the CSL is immediately warranted. For now, the CSL has yet to file an official complaint with the local police and RCMP.



comwave
Long Distance



Long Distance

\$25 FREE

To anywhere in the world

- Comwave will beat all competitors rates... **GUARANTEED!**
- Make long distance calls from home or even your mobile phone
- No commitments, no contracts
Try Comwave absolutely **FREE** You'll love it!



If you're paying less with your provider, call us and we'll beat it!

 Cuba 89.9¢/min	 Croatia 2.9¢/min	 Mexico 1.9¢/min	 Pakistan 3.9¢/min	 Philippines 10.9¢/min	 Kazakhstan 4.9¢/min
 Bangladesh 3.9¢/min	 Romania 3.9¢/min	 Ukraine 8.0¢/min	 Israel 1.0¢/min	 Vietnam 3.9¢/min	 Iran 4.9¢/min



Unlimited Canada
Unlimited calling to anywhere in Canada

\$5 /month



Download our Comwave Mobile App
3 Days Free Trial

1-866-518-0239
www.comwave.net

While Comwave strives for accuracy from advertising, Consumers are aware the right to correct any error in pricing or information at any time. ©2012 COMWAVE. Limited-Time Guarantee is based on competitors' current advertised rates for the service. Comwave will not reimburse against duplicate or repeat services, bundled services, plans or prepaid calling cards that involve insurance billing criteria. 12.9¢/min promotion is applied 1¢ per minute for 5 months. No minimum usage required. Call or Comwave Mobile App to activate or register plan. Terms and conditions apply. See www.comwave.ca for details.

Market Minute



DOLLAR
102.4¢
(-0.35¢)



TSX
12,232.62 (+12.17)



OIL
\$97.01 US (-0.16¢)



GOLD
\$1,733.70 US (-\$1.20)

Natural gas: \$3.063 US (+7.1¢)
Dow Jones: 13,333.35 (+9.99)

Fast food. McDonald's to develop 'Made in Canada' plan for caloric content

McDonald's restaurants across the U.S. will soon get a new menu addition: the number of calories in the chain's burgers and fries. The world's biggest hamburger chain said Wednesday that it will post calorie information on restaurant and drive-thru menus in the U.S. starting Monday.

McDonald's Canada spokesman Louis Payette said that conversation has progressed differently in Canada than it has in the U.S.

"McDonald's Canada is actively working with all levels of government, NGOs and industry stakeholders to develop an appropriate 'Made-in-Canada' solution to displaying comprehensive nutrition informa-

In numbers

260

McDonald's is testing healthier options for next year, such as an Egg McMuffin made with egg whites and a whole-grain muffin. The sandwich has Canadian bacon and white cheddar cheese and clocks in at 260 calories. It will be called the Egg White Delight.

tion that is easily accessible to customers prior to purchase," Payette said.

He noted that McDonald's Canada is a "longtime industry leader" in providing nutrition information, introducing its Food Facts brochure more than 30 years ago. **THE ASSOCIATED PRESS**

Apple iPhone 5 in stores this month

Coming soon.

Lighter, thinner smartphone will be available in North America on Sept. 21

The new iPhone 5 is thinner and lighter than previous versions with a taller screen, and will be in stores in Canada, the U.S. and several other countries on Sept. 21.

The iPhone 5 is the year's most eagerly awaited phone launch. Analysts expect Apple Inc. to sell tens of millions of units before the year is out.

It will come with the capability to connect to the fastest new wireless data networks, both in the U.S. and overseas. That's another feature that was widely expected. Some competing phones have had this ability for a year and a half.

The bigger screen moves Apple somewhat closer to competing smartphones. Samsung Electronics Co., Apple's biggest competitor, has increased the screen size of its flagship phone line every year, which is about 45 per cent larger than the one on the new iPhone.

THE ASSOCIATED PRESS



Phil Schiller, Apple's senior vice-president of worldwide marketing, speaks on stage during an introduction of the new iPhone 5 at an Apple event in San Francisco on Wednesday. **ERIC RISBERG/THE ASSOCIATED PRESS**

New iPhone

A threat to BlackBerry?

The iPhone 5 is also a formidable threat to BlackBerry-maker Research In Motion.

The Waterloo, Ont.-based company — once known as Canada's high-tech heavyweight — has been working to turn around its operations as consumers switched to the iPhone and other smartphones running Google's Android operating system.

The company's future success rides on the unveiling of its BlackBerry 10 operating system, which has suffered two major delays that have pushed its debut into early 2013 — past the holiday shopping season that Apple has squarely in its sights.

The other Sept. 21 launch countries are Australia, France, Germany, Hong Kong, Japan, Singapore and the U.K.

THE ASSOCIATED PRESS

Internet jokers decided the iPhone 5 could assume any shape, generate French fries and turn water into wine. Go to metronews.ca to read social media's silliest predictions.



Oil exploration

U.K. company wins bidding rights in Arctic

A small British company has won the bidding for offshore oil exploration rights to six parcels in Canadian Arctic waters.

Franklin Petroleum, based in Oxford, England, bought the rights to all six parcels on offer with a promise to spend at least \$7.5 million developing them over the next five years. Franklin's parcels are near areas where other companies have already made discoveries.

The company joins several multinationals in the Arctic, including Exxon-Mobil, ConocoPhillips and Chevron. **THE CANADIAN PRESS**

Softwood market

Lumber prices rising amid tight supply: Report

North American lumber prices are set to surge in the next couple of years amid a tightened supply from Canada as the U.S. housing market continues to strengthen after years of weakness, a new CIBC report predicts.

Spot prices for Western softwood lumber have steadily increased this year, rising 24 per cent since January.

That's 40 per cent higher than two years ago, when the U.S. house-building industry was still suffering from years of over-heated construction activity. **THE CANADIAN PRESS**

Air travel. Frontier is latest airline to sidestep online travel agencies

Some airlines are making travellers work harder to find a deal. Carriers are offering more deals to passengers who book flights directly on their websites.

It's an effort to steer people away from online travel agencies such as Expedia, Orbitz and Travelocity, which charge the carriers commissions of roughly \$10 to \$25 a ticket.

While travellers save money, they also must do without the convenience of one-stop shopping.

Frontier Airlines is the latest carrier to jump into the fight, announcing Wednes-

day that it will penalize passengers who don't book directly with the airline. Those fliers won't be able to get seat assignments until check-in. And they'll pay more in fees while earning half as many frequent-flyer miles.

Contracts with online travel agencies prohibit airlines from offering lower fares on their sites. Instead, airlines such as JetBlue Airways Corp., Spirit Airlines Inc. and Virgin America often provide discount codes in emails to their frequent flyers or through Facebook and Twitter.

THE ASSOCIATED PRESS



Frontier Airlines jetliners sit stacked up at gates at Denver International Airport. Carriers are offering more deals to passengers who book flights directly on their websites. **DAVID ZALUBOWSKI/THE ASSOCIATED PRESS**



Earn AIR MILES® reward miles

on your purchase of funeral and cemetery products and services.

Dignity
MEMORIAL

As part of our commitment to providing exceptional service to families we serve, we are pleased to offer this exclusive benefit on pre-arrangement purchases.

Prearrange your funeral in September and earn up to 4000 AIR MILES® reward miles*

THOMSON FUNERAL HOME
669 Broadway, Wpg, MB ~ **204-783-7211**

*AIR MILES® reward mile earned on dollar value of eligible prearranged funeral plan. (see location for details)

®™ Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Dignity Memorial.

DECIDE, CHANGE, LEAD, ACHIEVE.

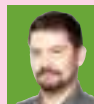
Results-based, people consulting for your return-on-investment.



204.898.1754
callhrinc.com

DECIDE. CHANGE. LEAD. ACHIEVE.

A REMEDY FOR A CASE OF THE MAYOR ROB FORD



HE SAYS...
John Mazerolle
metronews.ca

Whether you suffer from Toronto Mayor Rob Ford or just know someone who does, this guide will help you understand the issue and symptoms of Toronto Mayor Rob Ford and how to talk about it.

In this pamphlet you'll find helpful tips for coping, and an explainer for those outside Toronto, many of whom have found themselves asking WTF — Why the Ford Administration?

What is Toronto Mayor Rob Ford?

Rob Ford spent a decade inside Toronto causing minor outbursts, with observers paying little heed to the symptoms. However, the unexpected bonding with a mayor's chair two years ago has made Toronto Mayor Rob Ford — or TMRF — more powerful than previously expected.

Thanks to a series of TMRF incidents appearing on the national news, Toronto Mayor Rob Ford has crossed over the so-called municipal barrier and has now infected the national consciousness.

It's not unusual for people as far away as Vancouver or St. John's to ask, "Is this for real?" It most definitely is.

Some symptoms include disbelief at what you're hearing, disbelief at what you're seeing, and journalists high-fiving each other at their uncommon good luck.

The end result is a rash of scandals. Don't pick at them. These itchy scandals come in many varieties:

- **Tickling:** Ford blamed a plastic bag ban passed by city council on the public because, he said, 'a couple hundred thousand people' should have rallied in opposition.
- **Sore:** Ford gets angry a lot, including a confrontation where he made a reporter drop his tape recorder on the ground.
- **Life-threatening:** Ford said he "probably" reads while driving on Toronto's eight-lane highway because he's "busy."

This would be a good place to remind people that TMRF is real.

How did this TMRF happen?:

It's not uncommon for people across the country to ask Torontonians how TMRF came to be.

The first thing for sufferers to know is they have absolutely nothing to be ashamed of. One of the unusual traits of TMRF is that it only causes discomfort in people who don't want it.

To understand, one must look at an X-ray of a Toronto election map, which looks like the inverse of a U.S. election map. The liberal interior — what most outsiders think of when they think about Toronto — fought hard against TMRF, while the suburban edges breathed it deep.

What can be done:

TMRF can drain your energy, hope and drive, but there are options. Ways to eliminate symptoms include:

- Tilting way to the right.
- Plugging your ears and closing your eyes and singing la la la la la for the next two years.

Of course, some people are immune or even enjoy TMRF, including journalists, comedians and other people who enjoy a good story.

As for voters who think the country needs more TMRF and would be happy to see it spread everywhere: Please put this down and watch the road.



No cure has been found for Toronto Mayor Rob Ford (TMRF).

NATHAN DENETTE/THE CANADIAN PRESS

Not quite a pot of gold



PAUL GOLDSTEIN/REX FEATURES

Wildlife photography

Not even a double rainbow

It's not a pot of gold or even a double rainbow, but a giraffe that you can find at the end of this rainbow.

This is just one of the countless wondrous sights professional photographer and holiday tour guide Paul Goldstein has witnessed in his adventures in far-flung locations from the Arctic to the plains of the Masai Mara in Kenya.

METRO

Ethics

Giving back after taking away

Goldstein is always keen to give back to the regions he photographs.

"Ethics with photography is massively important. Every penny of every photograph I sell goes to one of two foundations: one in India to a tiger foundation in Madhya Pradesh, and one in the Masai Mara, where I'm co-owner of three safari camps."

METRO



Paul Goldstein CONTRIBUTED

Photog's viewpoint

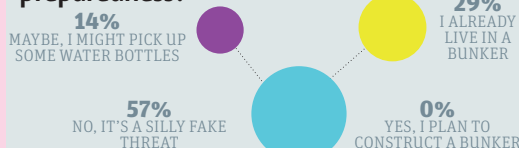
"There's a huge difference between a snapshot and a photograph. A photograph suggests diligence, graft and imagination."

Paul Goldstein, photographer and tour guide for travel company Exodus "I like to push people so they can get the most from their cameras, without the camera dominating the safari," he says.



Register at metropolitanpanel.ca and take the quick poll

Has the U.S. government's tongue-in-cheek warning of a zombie apocalypse pressured you into better disaster preparedness?



Twitter

@AprilFoolsRebelDear: • • • •
Winnipeg; reducing the speed limit doesn't decrease the negligence of lousy drivers.

@authentikrap204: • • • •
To sit back and deny the real talent in #winnipeg is #insane this city is leaking talent. Lets make the peg hip hop city of #canada! #RT

@FunnyWHQ: • • • •
The Grey Cup is on tour and Blue Bomber players are looking for-

ward to it coming to Winnipeg so they'll get a chance to see it this year

@kentonlarsen: • • • •
iPhone 5 will have one more blade for a clean, close shave.

@virtual_kel: • • • •
My crystal ball says today @Apple will call it the iPhone 5 and no agreement will be reached between the @NHL and the @NHLPA. #surprise



President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shroot • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elissa Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartram • **Sales Manager** Allison Zulyniak • **Distribution Manager** Rod Chivers • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO WINNIPEG** 161 Portage Ave. E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • **Fax:** 888-846-0894 • **Advertising:** 204-943-9300 • adinfo@winnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca



CIBC PHOTOS

EMOTIONAL CONNECTION

CIBC RUN FOR THE CURE STEPS OUT FOR BREAST CANCER

In 1997, CIBC became the title sponsor of the Canadian Breast Cancer Foundation's Run for the Cure. Now in its 21st year, the Canadian Breast Cancer Foundation CIBC Run for the Cure is the largest single-day, volunteer-led fundraiser dedicated to raising breast cancer funds and awareness.

The 2012 CIBC Run for the Cure will take place Sunday, Sept. 30, in 60 communities across Canada.

Karen Ringstead, the B.C. and Northern Territories run champion, will take part in the CIBC Run for the Cure once again, her 18th year of participation. She lists her favourite moment as watching a recent survivor — a CIBC employee — with her

whole family being cheered by Team CIBC upon crossing the finish line.

"I don't want to see cancer move into the fourth generation in our family," says Karen, whose great-grandmother, grandmother, great aunt and mother have all battled breast cancer. "I think it's so important to create awareness of early detection, minimizing risk and how we all can make a difference in fighting against breast cancer."

This year, an estimated 23,000 Canadians will be diagnosed with breast cancer. Most people who take part in CIBC Run for the Cure events have been touched by breast cancer in some way; it's an emotional connection that many

Canadians have shared.

Last year, close to 170,000 CIBC Run for the Cure participants raised more than \$30 million in events held across the country to fund research, education and awareness programs that are making a difference in the lives of Canadians affected by breast cancer.

More than 13,000 CIBC employees and volunteers helped Team CIBC raise more than \$3 million through the collection of pledges, fundraising and contributions from the CIBC Pink Collection.

"Our involvement started with a handful of dedicated and passionate employees and has grown into an important part of the fabric of our organization," says Christina Kramer, CIBC's executive vice-president and national run champion.

The events themselves have a festive air about them; teams and other groups of family and friends, some with kids in strollers and others with dogs, will walk or run the route together. Some will wear pink wigs or boas; others will carry pink balloons and banners. White T-shirts will proclaim the slogan, "Who are you running for?"

There will be lots of breast cancer survivors walking and running, too. Somewhere near the starting line, participants can post personal messages for loved ones and others on the Wall of Hope.

To find out how you can get involved to help raise funds and awareness, visit runforthecure.com.

— Jane Doucet

FACTS & FIGURES

- CIBC became the title sponsor of the Canadian Breast Cancer Foundation's Run for the Cure in 1997.
- Now in its 21st year, the Canadian Breast Cancer Foundation CIBC Run for the Cure is the largest single-day, volunteer-led fundraiser dedicated to raising breast cancer funds and awareness.
- In 2011, CIBC Run for the Cure events raised more than \$30 million to fund research, education and awareness programs that are making a difference in the lives of Canadians affected by breast cancer.
- Last year, Team CIBC raised \$3 million through contributions to the CIBC Pink Collection, fundraising events, and the collection of pledges.



CIBC PHOTO

CONNECTING VIA SOCIAL MEDIA

CIBC is using social media to inspire Canadians to get engaged, share their stories and register for the CIBC Run for the Cure, which is taking place across Canada on Sunday, Sept. 30.

This year, CIBC introduced two innovative social media initiatives to connect with as many people as possible in the Canadian Breast Cancer Foundation's CIBC Run for the Cure.

The first is to create your own video using the CIBC For All My Girls MashApp on Facebook. Here, you can upload your favourite photos and videos of family and friends who have inspired you to take part in the CIBC Run for the Cure.

You can also choose from a selection of music tracks and add captions. Check out the Mashapp on Facebook at CIBC Community Matters, where ET Canada host Cheryl Hickey introduces a how-to video.

The second is making a personal Pinspiration for a Cure board by using Pinterest. You can pin and re-pin inspiring images, videos and content, anything from healthy recipes to workout and training tips.



GIVE THE GIFT OF PINK



Tote bag, \$5

Last year, through the generosity of CIBC clients, employees and the general public, more than \$1.9 million was raised through fundraising events and contributions from the CIBC Pink Collection of products, which is available exclusively at CIBC branches across Canada.

The 2012 CIBC Pink Collection features a friendship bracelet for \$2, a shoelace lapel pin for \$3, a tote bag for

\$5, a keychain for \$6, and a teddy bear for \$10.

"CIBC is proud to support the Canadian Breast Cancer Foundation because of the work they do in not only finding a cure but in prevention and early detection as well," says Christina Kramer, CIBC's executive vice-president and the national run champion. "Our CIBC Pink Collection is another way to show our support and raise awareness for such an important cause."

The 2012 CIBC Pink Collection was officially launched at branches across Canada on July 26. CIBC works with suppliers to create products and also takes



Teddy bear, \$10

ideas to its employees for the input.

"The foundation continues to be inspired by CIBC's ongoing commitment to the CIBC Run for the Cure," says Kramer. "The funds raised by the CIBC

Pink Collection, in addition to Team CIBC fundraising and volunteer support, is a testament to the tremendous dedication of CIBC's staff and clients toward our vision of creating a future without breast cancer."

It's imperative to the program that the most possible money goes back to the Canadian Breast Cancer Foundation (CBCF). In fact, 100 per cent of net proceeds from the pink products support the CBCF.

CIBC Pink Collection "hangtags" identify the product and the cause; they also show the suggested contribution amount.

People usually contribute the suggested amount on the hangtag, if not more.

To view the CIBC Pink Collection, visit cibc.com/cibc-pinkcollection or drop by any branch. Quantities are limited and available only while supplies last.

— Jane Doucet

CREATE A FUTURE WITHOUT BREAST CANCER

In August, CIBC and the Canadian Breast Cancer Foundation (CBCF) issued the Corporate Spirit Challenge to the Canadian business community to enter a team in the 2012 CIBC Run for the Cure runs and walks taking place across the country on Sunday, Sept. 30. Their participation would help raise money to fund research, education and advocacy for breast cancer.

"Team CIBC is passionate about supporting the CBCF's vision of creating a future without breast cancer," says Christina Kramer, CIBC's executive vice-president and national run champion.

"Through the Corporate Spirit Challenge, we invite companies of all sizes across Canada to get involved by registering a team in Run for the Cure events."

Over the years corporate teams have had



CIBC PHOTO

an enormous impact, raising more than \$5 million in 2011 alone to help make a difference in the lives of those with breast cancer and their loved ones.

To recognize corporate participants' dedication and significant contributions, the CIBC Corporate Spirit Award will be presented to the top fundraising team at each CIBC Run for the Cure site across the country on Sept. 30.

A returning corporate team is the Fairmont Royal York in Toronto. "The CIBC Run for the Cure allows us to unite in support of a cause that has impacted our hotel team, their families and our guests," says Heather McCrory, CIBC Run for the Cure team captain and Fairmont Royal York regional vice-president and general manager.

The leadership of the corporate team members, who volunteer their time and who fundraise in support of the breast cancer cause, is truly inspiring.

"The employees who take part in the CIBC Run for the Cure through corporate teams make it possible for the foundation to continue funding the most promising breast cancer research and supporting the breast

cancer community across the country," says Sandra Palmaro, CEO of the Canadian Breast Cancer Foundation—Ontario Region.

CIBC is a prime example of corporate stewardship; it became the title sponsor of the CBCF's Run for the Cure in 1997.

"We aim to make a difference in com-

munities through corporate donations, sponsorships and the volunteer spirit of our employees," says Kramer. "We have been very proud to partner with the Canadian Breast Cancer Foundation for so many years as part of our long-term commitment to this important cause."

— Jane Doucet

STUDENTS TAKE UP THE CHALLENGE

CIBC and the Canadian Breast Cancer Foundation (CBCF) have once again issued a challenge to Canada's college and university students to see who can raise the most money for breast cancer research, education and awareness initiatives.

"The goal of the Post Secondary Challenge is to encourage students to participate in a way that is both meaningful and fun," says Christina Kramer, CIBC's executive vice-president and national run champion.

By taking part in the challenge, students are making a difference to a very important cause while also getting a chance to win a concert for their school

fundraising team and a CIBC Education Award to help fund their post-secondary education.

Students can register a CIBC Run for the Cure Post Secondary Challenge team and raise funds online. The top 10 student fundraisers and the top student fundraiser in each of the five CBCF regions can win a \$2,500 CIBC Education Award. In addition, the top fundraising school team or teams will win a concert by Walk Off the Earth, a five-piece band based in Burlington, Ont.

For more information and full contest details, visit CIBC Student Life on Facebook or runforthecure.com/psc.

SCENE 2

On the web



Qriket

Where did all of MTV's viewers go? Visit metronews.ca/scene or scan this code to find out what the ratings were like for its annual VMA show.



Renée Lamoureux (of Winnipeg pop duo Keith and Renée) releases her debut solo album, *I Fall for You*, tomorrow night at the Park Theatre. KAT WILSON/SUPPLIED

Skydiving gives singer courage to pursue solo disc

I Fall for You. After facing her fears, Renée Lamoureux is set to release her debut solo album



BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

After five albums with Winnipeg pop duo Keith and Renée, singer/songwriter Renée Lamoureux is set to release her debut solo album, *I Fall for You*.

Lamoureux says she's set songs aside since 2005, songs that didn't necessarily fit with Keith and Renée, but was hesitant to record and release them.

"I kept coming up with excuses for why I couldn't do it," Lamoureux says.

"Last year, Keith and I were in Nashville and my

sister and cousin had joined us on tour.

"We had a day off and my sister and cousin decided they were going to go skydiving.

"I don't know what possessed me but I joined them, something I thought I'd never do.

"There I was, jumping out of a plane and I remember after I landed I thought 'If I can do that, I really have to finish this album,'" she says.

Upon returning to Winnipeg, Lamoureux called up Doc Walker guitarist Murray Pulver to see if he'd be interested in producing *I Fall for You*.

He agreed and the two set to work finishing and

recording the songs in Pulver's home studio.

Lamoureux says the relaxed environment, in addition to Pulver's laid back demeanour, calmed any fears she had going into the process.

"I'm sure he has no idea he did it, but he indirectly taught me to be laid back," Lamoureux says.

"I tend to be more of an everything has to be perfect kind of person, but the challenge here was to step back and let the flow happen.

"With the surroundings and his energy, it was actually quite easy to do," she adds.

In addition to Pulver, Lamoureux co-wrote songs with country songwriter Janice Starodub, her Keith and Renée cohort Keith MacPherson and Franco-Manitoban musician Nadia Gaudet, the latter helping her pen *Je t'aimerai mon amour*.

Born in and raised in Île-Des-Chênes, Lamoureux speaks fluent French, but admits when it comes to

If you go...

Lamoureux releases *I Fall For You* tomorrow night at the Park Theatre. Less than Kind star Brooke Palsson opens the show.

- **Tickets.** Are \$12 at McNally Robinson Booksellers, Music Trader and ticketbreak.com, or \$15 at the door.

songwriting, she's more comfortable with English.

"When it comes to writing French songs, I have to co-write," Lamoureux says.

"I know Nadia is more advanced than me in French songwriting so I brought her the song," she continues.

"I had the melodies and the idea but a lot of times my French lines don't make a lot of sense.

"She cleaned it up for me."



WINNIPEG'S ANNUAL THEATRE FESTIVAL OF PLAYS BY WOMEN FOR EVERYONE

SEPTEMBER 15 – 22, 2012

ASPER CENTRE FOR THEATRE AND FILM
(AT THE UNIVERSITY OF WINNIPEG, 400 COLONY ST.)

Quoted

"There I was, jumping out of a plane and I remember after I landed I thought, 'if I can do that, I really have to finish this album'"

Renée Lamoureux on vowing to finish her solo album

For Tickets & Info: 204.586.2236 | www.femfest.ca

'It's the kind of thing you don't say no to if you're in comedy'

Comedy. Family Guy creator Seth MacFarlane opens SNL season as guest host

You might think Seth MacFarlane has a show-biz bucket list. By now, he's checked off ventures like his animated TV shows (led by Family Guy), his recording of show tunes, live performances at Carnegie Hall and this summer's film comedy, Ted, which he directed, wrote and provided the title character's voice for. Now MacFarlane will serve as guest host this week for the season premiere of NBC's Saturday Night Live. Was this just the next gig on his to-do list?

"Not exactly," MacFarlane said Tuesday. "When things come up, I tackle them if they sound fun. That's how I decide what to do and what not to do. It's what sounds like it's going to be a good time."

But there's another reason he was reporting to Studio 8H. "They asked me," he explained. "It's the kind of thing you don't say no to if you're in comedy."

For a multimedia comedy impresario, MacFarlane might not seem ideally suited to SNL, where he is being treated warmly, but not in his customary role as the boss.

"It's always a nice break to not be the guy in charge," he insisted. And with his edition



Kenan Thompson, left, is pictured with Seth MacFarlane earlier this week on the set of Saturday Night Live. HANDOUT

of SNL being polished off in just a week, the routine should prove a refreshing change, too.

"It's the complete antithesis of the nine months it takes us to do one episode of an animated series."

While MacFarlane arrived Monday with a few sketch ideas, "this is a large writing staff that's well equipped to do what they do," he pointed out. "I sat in on a pitch where writers threw out a bunch of one-line sketch ideas, and there were a lot of hilarious ones. There's no shortage of fresh

stuff."

But along with comedy, will the silver-throated MacFarlane sing a song on the show?

"Possibly," he said. "But it's too soon to tell."

As the series begins its 38th season (Saturday at 11:30 p.m. ET), MacFarlane will be sharing the bill with musical guest Frank Ocean. Meanwhile, cast member Cecily Strong and featured players Aidy Bryant and Tim Robinson will be joining the troupe.

THE ASSOCIATED PRESS

SHARE ALERT!



Qriket

SCAN, SHARE AND WIN!

Metro and Qriket are giving away \$10,000 in instant cash prizes for the month of September.

Metro has partnered with Qriket to add more fun and sharing to your daily news fix.

Qriket is a free iPhone app that rewards you for scanning QR codes, so now you can stay informed with Metro and win prizes when you choose to scan with the Qriket app.

Just download the Qriket app and use it to scan QR codes to access enhanced content, share with your friends, and play instant win games.

And this month, scanning the Qriket branded codes in Metro activates \$10,000 in bonus instant cash prizes just for Metro readers!

Wanna play?

- 1) Download the free Qriket app for your iPhone.
- 2) Use it to scan the Qriket QR codes you see in Metro, and they'll automatically get shared with your friends.
- 3) The more you scan, the more you share, the more chances you have to win!



For full rules and regulations visit www.qriket.com/metro

metro
It's worth sharing.

metro

CANADA'S FIRST NEWS APP IN
NEWSSTAND
Now available for iPad, iPhone and iPod touch!



'THE BEATLES ARE BACK!'

EXPERIENCE THE BEATLES WITH RAIN

ON SALE NOW!

TICKETS @ TICKETMASTER • 1 855 985 5000

VISIT clubmetro.com TO ENTER

YOU COULD WIN TICKETS TO EXPERIENCE THE BEATLES WITH RAIN!

To register and for full contest details visit clubmetro.com

OCTOBER 26, 2012



Third album of exploratory Yeasayer welcomes you to a Fragrant World

Layering sounds.

Brooklyn act enjoy task of experimenting while keeping music fresh, interesting

LUKE O'NEIL
scene@metronews.ca

For an experimental-minded band with an ear for hooks, there's a fine line to walk between pushing new sounds forward and maintaining a larger audience's attention. That's the dichotomy at work in the music of Yeasayer, the Brooklyn band that released its third record, *Fragrant World*, late last month.

The follow-up to their breakthrough indie hit *Odd Blood* picks up where that eclectic mix of far-flung rhythms, synths and off-kilter dance beats left off, on songs like *Longevity*, a churning layer cake of sound that squiggles and glitches, but



Chris Keating of Yeasayer performs at Los Angeles State Historic Park on September 2. KARL WALTER/GETTY IMAGES

coalesces into a romantic, multi-tracked harmonized groove "That's the challenge, right? Trying to make some interesting sounds, but have

them work in a three-and-a-half to four-minute context," says vocalist Chris Keating.

"Trying to walk that line between experimenting and

still have interesting melodies that are accessible, it's part of the fun."

Theirs is a process of stuffing as many tracks into one

song as possible, says Keating.

"We'll build up songs until they're sky-high and start to strip away for a lot of it."

He says it's a technique

It's not 'world music'

The band, somehow saddled with the "indie world music" moniker, says that was an inside joke that's gotten out of hand.

- "It's clearly inaccurate," Keating says. "I think some of that is subtle, not intentional, racism. Because we have a guy in the band who happens to have dark skin and an Indian background, people talk about 'that world-music band.'"
- A lot of their songs are three different tracks chopped together.

he's long admired in Prince.

"We pile on ideas, then strip away a lot of the middle and lower layers, and leave this floating melody."

MANITOBA LOTTERIES PRESENTS

MAINSTAGE ENTERTAINMENT AT McPHILLIPS STATION CASINO

GEORGE
CANYON
CLASSICS II

DEC 6 TICKETS \$35 & \$45 OR
\$75 VIP DINNER & SHOW ON SALE TODAY!

The
FAB FOUR
The Ultimate Tribute

DEC 9 & 10 TICKETS \$35 & \$40 OR
\$70 VIP DINNER & SHOW ON SALE TODAY!

See a complete listing of our upcoming shows at
www.casinosofwinnipeg.com

Follow us on



* Prices subject to taxes and fees. All seating is reserved.
All shows at 8pm unless otherwise indicated.
VIP dinners at 6pm

Tickets are available at the casinos, charge by phone at
1-855-985-5000 or order online at ticketmaster.ca

Patrons must be 18 years of age or older. Photo ID may be required.

McPhillips
Station
CASINO

CHEERS!

Flatlander's
BEER
FESTIVAL

FLATLANDERSBEERFEST.COM

September 13 & 14
WINNIPEG CONVENTION CENTRE 7-10 PM

A FUNDRAISING EVENT
IN SUPPORT OF

WINNIPEG JETS
TrueNorth
FOUNDATION

PRESENTED BY

LIQUOR
MARTS

Twins for Sookie

True Blood stars Anna Paquin and Stephen Moyer became parents twice over this week, according to Hollyscoop.

"We can confirm that Anna Paquin and Stephen Moyer recently welcomed their twins into the world," their rep announced.

"The babies were born a few weeks early, but are in good health and both mom and dad are overjoyed." The twins mark the first children for Paquin, while Moyer has two children from a previous marriage.



Randy's back, dawg!



It looks like Randy Jackson won't be bounced from the judges' table on American Idol after reports leaked that he is close to signing a deal to keep him in his old spot on the hit reality competition show, according to Deadline.

Rumours had circulated that Jackson, the only remaining judge from the original version of the show, would be moved to a "mentor" position for the new season. But it looks like that's not happening.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rob and Kristen back together?

When Kristen Stewart told the Associated Press last week that she and Robert Pattinson would "be fine," maybe she knew more than she was letting on,

as sources say the pair are secretly back together, according to Lainey Gossip.

"It was communicated to people during the Toronto International Film Festival that they are (back together) but they're worried about how it might affect (Rob's) career, like whether or not there will be some kind of crazy backlash or something," the source says.



Blake Lively. ALL PHOTOS GETTY IMAGES

No liquor for Lively

With her marriage to Ryan Reynolds last weekend on the books, Blake Lively apparently isn't wasting any time getting their domestic life going.

"I've always wanted a big family. Oh, I'd love 30 kids if I could," Lively says in the latest issue of Allure.

The Gossip Girl star also lives a pretty clean life free of drugs and alcohol — and nightclubs.

"The music is so loud, you can't have a conversation with somebody," she says. "If I were an amazing dancer, yeah, I'd go, but I'm definitely not."

Twitter



@ActuallyNPH

Hi Twitterland. Sorry for my lack of tweets recently. Apparently I have babies and stuff. I'll try harder. xo



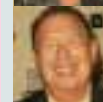
@Pink

Holy Sh*t!!! MOM!!!! I got an A!!!! Thanks Entertainment Weekly!!!! My first A outside of study hall!!!!



@Venuseswilliams

Just wanted to send a big thank you to the NYC crowd at my us open this year. I've never felt such love and support, thank you!!!



@GarryShandling

My therapist just told me that I'm better than I was four years ago.

SATURDAY, SEPTEMBER 15 & SUNDAY, SEPTEMBER 16 ONLY!

**FREE
SURPRISE
GIFT CARD**

RECEIVE A FREE SURPRISE GIFT CARD THAT COULD BE WORTH

\$10

OR

\$25

OR

\$50

OFF YOUR NEXT PURCHASE, WHEN YOU SPEND \$50
OR MORE ON ALMOST ANYTHING IN THE STORE.*

Visit shoppersdrugmart.ca or the store nearest you for details.

*Some conditions may apply. Offer valid Saturday, September 15 and Sunday, September 16, 2012 only.



**SURPRISE GIFT CARD IS VALID
UNTIL OCTOBER 7, 2012.**

**SHOPPERS
DRUG MART**

New York's finest

New York Fashion Week is proving that next spring's style-savvy girl is street-smart, sophisticated and loves her stripes

TINA CHADHA
life@metronews.ca



PETER MICHAEL DILLS/GETTY IMAGES

Marc Jacobs

At Marc Jacobs' Spring show, models done up in severe side partings and smudgy black eyeliner reminiscent of Edie Sedgwick stormed the runway in bold black, maroon and beige stripes. The graphic appeared on shrunken blazers, trapeze jackets and low-slung midi skirts. Unlike the denizens of the Factory though, Jacobs' girl is a careerist. Curvy dresses with scalloped hems, sensible skirt suits with long, lean silhouettes and ruffle collar separates would fit right in at an office but the midriff-baring cropped tops, including a black, full-sleeve version featuring Mickey Mouse, not so much.

Donna Karan

Donna Karan struck gold with her choice of materials for her spring line. Sheer jersey and paper linen molded perfectly to create architectural silhouettes and artful pleats and folds. But the natural, organic feel of the fabrics paired with Karan's use of dusty, cold-dyed colours gave the collection a dreamy tone. This effect of sharp lines and soft shades was meant to evoke "sunrise and sunsets in the city" – you know, those pretty moments when light reflects off skyscrapers. The cool, cropped jackets, worn over empire waist dresses, will be just what a city girl needs when those buildings' air conditioning kicks into gear.



NEILSON BARNARD/GETTY IMAGES



SLAVEN VLASIC/GETTY IMAGES

Tommy Hilfiger

Tommy Hilfiger transported showgoers at the Highline back to the Hamptons for one last Fourth of July-type seaside soiree. With hurricane lanterns hanging over a deck-like runway, models sailed by in bold red, white and blue striped looks. Some read cool (the double-breasted blazers and chunky cardigans) and others too patriotic (a preppy navy jacket over a red, white and blue striped shirt and trousers). The colours then came in zigzags on dresses and one-piece halter swimsuits before winding up on the trim of plain white shifts. Breton stripes were also big (on cotton schoolboy shirts and leather tops), as were chunky cable knit sweaters.

DKNY

For her spring show, titled Reflections of New York Donna Karan aimed to define a girl living the big city dream. She's ambitious: smart workwear separates such as boy-friend blazers and knee-grazing pencil skirts came in leather and colour-blocked, textured linen. She's ready for whatever comes her way: the body-suit played double-duty as a bathing suit, and models wore fanny packs. She's street smart: sporty mesh and leather detailing, camo prints, fitted black baseball caps and heeled sneakers exuded an urban tone.



PETER MICHAEL DILLS/GETTY IMAGES

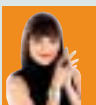


NEILSON BARNARD/GETTY IMAGES

Rebecca Taylor

The biography of Beach Boy Brian Wilson transported Rebecca Taylor to one of her favourite vacation haunts: Hawaii. But while her imagination sipped on mai tais, this hard-working woman spent the summer in New York. The two worlds harmonized perfectly in her spring collection: Sunny, hibiscus floral prints came cut in sharp, strong silhouettes, while polished dresses were made tough with studded collars and worn under moto jackets in laid-back, faded denim or poppy turquoise leather. And for post-sunset, a nude, silk studded cocktail number featured cheery ocean blue straps, perhaps to remind you of paradise even when you're stuck in the city.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

@Jeanne_Beker: En route to NY for Fashion Week! Better late than never. Jam packed sched. Just hope my stilettos don't give me grief. Will keep you posted!

@Jeanne_Beker
Brocade coats, cotton knits, graffiti prints, yummy color +

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

thick socks with platform sandals. This is what cool girls wear @mbymarcjacobs

@Jeanne_Beker
"It's just about imagining yourself as the best you your can possibly be" says Laura Mulleavy bkstg @officialRodarte

@Jeanne_Beker

Bkstg @VeraWangGang tells me she's inspired by all the travel she does "in her mind". Loved her Indian influence with twist of modernity!

@Jeanne_Beker
Great graphic lines + bold colour @MichaelKors



@Jeanne_Beker: First look @MichaelKors take on optimism for SS13 #NYFW



@Jeanne_Beker: Modern day lady knights sizzle @officialRodarte

On the web



Qriket

Avril Lavigne says after debuting spring line for Abbey Dawn she may make own wedding dress

The Kit

Canadian street style

Spotted in: Vancouver

Sarah

Head of display department for Holt Renfrew

Age: 45

What she's wearing
Claire's necklace, Joie dress, Foley and Corinna bag, Payless shoes

Her inspiration
"Summer nautical. Preppy with a fun twist."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES, AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT - AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!



Jil Sander's 'Matrix' Man CONTRIBUTED

And for the girls...

Jil Sander's bag for life?

Would you like a Jil Sander Vasari coated paper bag for your shopping? That'll be \$275. I guess you won't be recycling this brown bag on a daily basis. The small carrier measures: 26cm / 17cm / 14cm and is proving a huge hit with Sander fans. Ln-cc.com



Bad-ass leather

Get revved up in one of this season's biker jackets. We wrap up the season's must-have leather, wool and suede-biker styles.

RICHARD PECKETT
life@metronews.ca

1



Topman leather biker jacket

\$300, topman.com

H&M sleeveless biker jacket

\$129, hm.com

3



Zara Peccary biker jacket

\$299, zara.com

2



4

Acne Cassidy biker jacket

\$1,100, mrporter.com



5

Balenciaga grained biker jacket

\$2,841, brownsfashion.com



STANDARD. AUTOMATIC.



Like taking control with sheets? Or want to kick back and let the dryer bar give you automatic Bounce freshness for about 4 months* at a time? Whichever type you are, you'll be the type of person who has awesomely fresh laundry every time.

HOW DO YOU GET YOUR BOUNCE?



Learn more at facebook.com/bounce

Grilled vegetables & pasta infuse distinctly Mediterranean flare

1. Balsamic Vinaigrette: In a screw-top jar, mix oil, balsamic vinegar, mustard, garlic, sugar. Cover jar and shake well. Season with salt and pepper. Makes about 150 ml (2/3 cup).

2. Meanwhile, cook pasta according to package directions and set aside. Chill, if desired.

3. Remove cores and cut peppers into quarters. Cut zucchini and onion into 2-cm slices. Brush vegetables lightly with some vinaigrette and grill over medium heat until vegetables are cooked as desired.

4. Cut all of vegetables into

Nutritional analysis

Per serving

- 880 calories; 33 g protein; 98 g carbohydrates; 40 g fat; 6.1 g fibre; 414 mg sodium

chunks. Combine vegetables, pasta and all but 125 ml (1/2 cup) of feta cheese with the remaining vinaigrette and season with salt and pepper. Top the dish with the reserved feta cheese and parsley. **THE CANADIAN PRESS/DAIRY FARMERS OF CANADA**

Ingredients

Balsamic Vinaigrette

- 85 ml (1/3 cup plus 2 tsp) vegetable oil
- 75 ml (1/3 cup) balsamic vinegar
- 10 ml (2 tsp) Dijon mustard
- 1 clove garlic, minced
- 1 ml (1/4 tsp) sugar
- Salt and pepper, to taste

- 500 g (1 lb) penne or rotini
- 1 each red and yellow sweet bell pepper
- 2 zucchini
- 1/2 Spanish onion
- 250 g (8 oz) feta cheese, cubed (divided)
- Salt and pepper, to taste
- Chopped parsley, for garnish



This recipe serves four. THE CANADIAN PRESS H/O

Cookbook of the Week

All vegetable lovers rejoice!



To open up the Mediterranean world to the North American kitchen, Clifford A. Wright presents an A-to-Z culinary reference.

Accessible and thoroughly useful, Mediterranean Vegetables includes information on more than 200 vegetables that are traditionally prepared in Mediterranean cookery.

Among the recipes in the book are: Greek Country Salad, Leeks in Lemon and Eggs Sauce, Oven-Baked Potatoes and Mushrooms, Stuffed Swiss Chard Leaves.

Each vegetable that is featured also comes with information on plant characteristics and varieties, plant origin and plant history. **METRO**

Get into grains with farro risotto

1. Bring pot of salted water to boil. Add farro; simmer for 25 mins. Drain farro, reserving 1 cup of cooking liquid.

2. In a medium saucepan over medium, heat 2 tablespoons of the oil. Reduce the heat to medium-low, then add the onion and cook for 5 minutes, or until it has softened. Add the garlic and the thyme and cook for 1 minute more.

3. In a medium skillet over medium heat, cook the remaining tablespoon of oil until hot. Reduce heat to medium-low, then add mush-

rooms and sauté for about 5 minutes, stirring occasionally until the liquid they give off has evaporated. Set aside.

4. In a medium saucepan, combine broth and reserved farro cooking liquid. Bring mix to simmer. Turn down heat to low. Add drained farro to the onion; cook, stirring constantly, for 1 minute. Add wine to farro and simmer 1 to 2 minutes, until it is absorbed.

5. Add hot stock mixture to farro in 3 increments. Let it simmer until almost all the liquid has been absorbed be-

Ingredients

- 1 1/2 cups farro
- 3 tbsp extra-virgin olive oil, divided
- 1 medium yellow onion, finely chopped (about 1 cup)
- 1 large clove garlic, finely chopped
- 2 tsp chopped fresh thyme leaves

- 1 1/2 cups vegetable broth
- 4 oz fresh mushrooms (white button, cremini, shiitake, oyster or a mix)
- 1/2 cup dry red wine
- 1 oz freshly grated Parmigiano-Reggiano cheese
- Kosher salt and ground black pepper

fore adding each new batch of stock. This should take about 25 minutes. When farro is tender, stir in mushroom mixture along with the

cheese, then season with salt and pepper.

THE ASSOCIATED PRESS/ SARA MOULTON OF SARA'S WEEKNIGHT MEALS"AND AUTHOR OF THREE COOKBOOKS



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS



Saturday, September 22nd 2012 at 6 pm at the Winnipeg Convention Centre.

ALL-YOU-CAN-EAT LOBSTER FEAST

followed by an evening of dancing with a live band.

Neon auction, draws and tons of fabulous prizes to win!

Tickets : \$149 + GST

(\$75 tax deductible receipt)

Info : 233-8053 or info@cerclemoliere.com

Join us for an CLAWsome evening!

présenté par
présenté by





WHISPERING
PINES

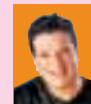
ADDICTION TREATMENT CENTRE



112 Beach Road East, Teulon, MB 204-886-3580
www.WhisperingPine.ca

Give it a little Moroccan flair

As decor trends move toward more colour and traditional curvy lines, it's expected that Moroccan styles will emerge in a big way. The contemporary curvy lines and colours like orange, blue and white make it a trend-on element to include in modern decor. Other influences that blend easily with this trend are Middle Eastern patterns, handmade Moorish designs and Havana colours. With a new season fast approaching, why not try out some exotic flavour in your home?



DESIGN CENTRE
Karl Lohmes
home@metronews.ca



Magical Thinking Bright Star Duvet mimics colourful handmade tiles. From \$79. URBANOUTFITTERS.COM



Circles Rubber Doormat welcomes guest with a Moroccan vibe. \$20 CRATEANDBARREL.COM



Thomasville's Wanderlust Bachelor Chest is a great solution for television and AV equipment. \$1,620 SEARS.CA



Benjamin Moore's Pumpkin Spice can transport your room to North Africa with just one coat. BENJAMINMOORE.CA



Whole Home Morocco Printed Sheers add exotic flair to the window. From \$20 SEARS.CA



Just a few accessories can add some exotic flavour to any space. HANDOUT

No use crying over spilled milk, or wine

Advice. Take these simple steps to cleaning up that embarrassing spill at your party



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles, What is the proper way to go about cleaning up a broken wine glass at a dinner party? I wouldn't want to bring too much attention to it, but at the same time, I wouldn't want anyone to



There are a few simple ways to deal with spilled wine. HANDOUT

get hurt, either. Always Prepared

Dear Always Prepared, When this happens, the room is always full of guests and everyone stares at you!

The few times this has

happened, the first thing I do is pick up the large pieces of glass. I then use the vacuum, ideally a hand-held one to pick up the glass and then I use very thick towels to absorb the wine liquid.

At this point I judge the damage and either just leave it and wash the entire rug the following day or in the case of red wine will use club soda to flush the stain and re-absorb the liquid with a second set of thick dry towels.

Whatever you do, don't make a big deal about it. The person who has made the spill will feel bad enough. Let them help you with instructions of what you want them to do, then stay calm, make the treatment and go back to your party and have a fabulous time.

Queen of Green

Don't be a pest when dealing with wasps



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

I have a problem with wasps in my yard. What can I do? Nick of Regina

As we head into fall, insect populations in general will start to decline. And wasps will begin to bother bumblebees and honeybees — especially if you're barbecuing less (wasps are carnivores).

Did you know that most wasps are tiny solitary insects (not at all social) that lay their eggs inside of other insects? So, if you've planted a bee-friendly garden, you'll likely have wasps.

And if you keep mason bees, your nest box could also attract parasitoid solitary wasps, but you probably won't notice.

The wasps you're referring to are likely one of the three more common species: yellow jackets (bright yellow with black stripes), hornets (black with white stripes), or paper wasps



There are safe ways to deal with pests in your yard. HANDOUT

(brown, red or yellow with a skinny waist).

How to deter wasps:

- Don't wear bright colours
- Don't wear sweet smells like fragranced body lotion or shampoo
- Cover meat and fish when barbecuing
- Don't leave out sugary drinks like cans of pop
- Clean up rotting fruit from your fruit trees
- Cover your compost pile with a lid or lots of "browns" like dry leaves

- Keep your trash bin clean
- Never swat a wasp. They can release a pheromone that will attract other wasps and signal them to be aggressive. It's best to move away calmly. Also, check the exterior of your home for cracks, holes and unsealed vents where wasps might build a nest. They like to nest in roofs, eaves, in garden sheds or under decks and porches — anywhere that's sheltered, warm and dry.

Home Cleaning & Lifestyle Services

Weekends with no housework. Woodwork I feel like a kid again! — Judy R.

Free Online Estimates!

After trying several cleaning companies over the last few months, a friend told me to try Take Time Home Cleaning. They're a keeper. — Lisa M.

Back to School Special
Take \$25 off your first cleaning
Take Time is in your area

Phone: **204.770.7103** www.taketime.ca

NFL

Griffin III's historic 1st week continues

Robert Griffin III is the first rookie quarterback to win an offensive player of the week award after his debut game.

The NFL announced Wednesday that Griffin is the NFC offensive player of the week for his performance in the Washington Redskins' 40-32 win over the New Orleans Saints.

The No. 2 overall draft pick completed 19 of 26 passes for 320 yards with two touchdowns and no interceptions in Sunday's victory — making him the first player in league history to amass 300-plus yards passing, two or more passing touchdowns and no interceptions in an NFL debut.

THE ASSOCIATED PRESS



Robert Griffin III
THE ASSOCIATED PRESS

NBA

Knicks' Kidd to fight DWI charge

New York Knicks point guard Jason Kidd intends to fight a charge that he was drunk when he crashed his SUV into a telephone pole in the Hamptons his lawyer said Wednesday.

When asked about the allegations at Kidd's brief procedural appearance at Southampton Town Court on Long Island, lawyer Edward Burke Jr. told reporters, "We are defending that."

Kidd was arrested in July, days after signing with the Knicks. He suffered minor injuries when the vehicle hit the pole and veered into the woods in the hamlet of Water Mill.

The misdemeanor charge carries the potential for up to a year in jail.

THE ASSOCIATED PRESS

Offers fly as NHL labour talks resume

Lockout. League tables 'time-sensitive' offer, after players' proposal falls flat with Bettman

The NHL's collective bargaining talks resumed Wednesday with a sense of urgency and a flurry of activity, but one thing remained unchanged — the unmistakable gap between the sides.

With Saturday's midnight deadline for a lockout looming, Donald Fehr and Gary Bettman each tabled proposals that highlighted the differing views still held by players and owners on core economic issues.

The NHL's offer came with an added twist as commissioner Bettman indicated it would be taken off the table Saturday, citing the damage another lockout would inflict on the business. Fehr, the executive director of the NHL Players' Association, suggested the league had done its own damage.

"Think about it this way," he said. "You have a case where you talk about a lockout, you threaten a lockout, you tell your season ticket-holders and advertisers you're going to have a lockout and then (once) you impose a lockout, then you want someone else to pay for it."

The NHL's latest proposal called for the players' share to be reduced to 49 per cent next season and would see it drop back to 47 per cent by the end of the six-year deal. Players currently receive 57 per cent of revenue.

The league's original offer in July came in at 43 per cent and was followed by one last month at 46 per cent.

"(This proposal) had meaningful movement in it and it was an attempt to engage the union finally in trying to



NHLPA executive director Donald Fehr, centre, is joined by the Canucks' Manny Malhotra, left, and the Jets' Ron Hainsey as he speaks to reporters in New York on Wednesday. MARY ALTAFFER/THE ASSOCIATED PRESS

Getting together

On Wednesday night, the union opened a meeting with some 300 players in attendance, while the NHL's board of governors is scheduled to convene on Thursday.

- Meanwhile, the union says it has filed an application

with Quebec's labour relations board, along with at least 16 players of the Montreal Canadiens, asking it to declare a lockout illegal.

- A hearing on the application is scheduled for Friday morning in Montreal.

make a deal," said Bettman.

However, Fehr said the league had moved from asking for an "extraordinarily large" amount of money back to a "very big" amount.

The first formal session of bargaining between the sides since Aug. 31 kicked off with the NHLPA tabling changes to its previous offer. It kept the first three years intact — a

system not linked to hockey revenues with fixed increases of two per cent, four per cent and six per cent over the first three years — before having the final two years determined by a return to the percentage of overall revenues.

The precise number would be determined by the league's growth rate at that time, with the players' share set at a low-

er rate if business is booming, according to Fehr.

Bettman said the union's offer represented "very little movement, if any," which prompted him to draft a new deal on the fly with Boston Bruins owner Jeremy Jacobs and Calgary Flames owner Murray Edwards.

Perhaps the most telling sign about the negotiations is the fact the sides are still working off different models with only days remaining before the NHL's fourth work stoppage in 20 years. To make matters worse, they're currently only tackling the league's economic model, leaving such potentially contentious issues as revenue sharing, contract length and discipline to be worked out later.

THE CANADIAN PRESS

Baseball. Goldeyes one win away from claiming championship



Goldeyes pitcher Chris Salamida hurls one in during Game 2 of the American Association championship series against the Wichita Wingnuts. TYLER PEACOCK/METRO

The Vise-Grips are on lock.

The Winnipeg Goldeyes seized a 2-0 series lead over the Wichita Wingnuts on Wednesday night with a 7-3 victory in downtown Winnipeg, securing a comfortable advantage in their best-of-five American Association Championship series.

Winnipeg starter Chris Salamida began the game with a serious momentum builder, sitting Wichita down in order in the first with three-straight strikeouts. He earned the victory, allowing three runs on five hits through 6 2/3 innings, adding six strikeouts.

The Fish bats followed suit, as Tuesday's 10th-inning hero Barbaro Canizares was boisterously welcomed to the plate by the 5,886 fans in attendance, prompting him to smack a double to the wall in left, putting runners on second and third. Yurendell de Caster then came home on a wild pitch to make it 1-0.

The Wingnuts responded immediately as catcher Jesse Mier took Salamida deep with two aboard to make it 3-1 Wichita.

Winnipeg got back to within one when Wingnuts starting

pitcher Ryan Hinson loaded the bases and then walked Josh Mazzola. However, the Fish couldn't do any more damage, stranding three.

That is until the sixth, when Winnipeg's Amos Ramon stepped up with two on, two out. Ramon sent the 0-2 pitch deep and over the wall in left to give the Goldeyes a 5-3 lead, chasing Hinson from the game.

The Goldeyes added some insurance in the eighth when Chris Roberson drove home Mike Coles and Price Kendall with a double to right.

DARRIN BAUMING/FOR METRO

4 SPORTS

Mobile sports



Qriket

Tim Tebow's debut with the New York Jets was a dud, but a sprinkling of the backup QB and the wildcat package was more than enough against the Bills. Now the Jets have to decide whether to give Tebow more snaps or fewer against the Steelers in Week 2.

Horoscopes

Aries

March 21 - April 20
You are confused which direction to take. It's not like you to be so undecided but for now, the only safe decision is to make no decision at all until the early part of next week. What's the rush?

Taurus

April 21 - May 21
Try not to let your anxieties get out of hand today because it could have a knock-on effect on your physical health. Experience should have taught you by now that the worst rarely happens, so strive to be positive.

Gemini

May 22 - June 21
Try not to be sentimental about people or possessions. Gemini is ruled by mind planet Mercury, so you should find it easy enough to be logical. Use your head today. It could save you a lot of unnecessary torment.

Cancer

June 22 - July 23
You may have to deal with someone whose opinions you dislike but chances are you will need their support in the very near future, so hold your tongue and get on with it. It can still be a good working partnership.

Leo

July 24 - Aug. 23
Speak up and let others know what you think. You could, of course, stay quiet and enjoy an easy life. But that has never been your way — nor should it be when there is so much at stake.

Virgo

Aug. 24 - Sept. 23
Certain people seem to be dragging their feet and almost daring you to do something about it. You don't have to put up with this kind of behaviour. If they're going to drag their feet, you've got an excuse to stamp yours.

Libra

Sept. 24 - Oct. 23
A partnership issue will come to a head over the next 24 hours and you will have no option but to deal with it quickly. A clean break now may be preferable to a messy one later on. Give it some thought.

Scorpio

Oct. 24 - Nov. 22
You may be a bit behind in your schedule but there is no need to panic. The planets indicate you will get to catch up next week. In the meantime, relax and focus more on things you enjoy.

Sagittarius

Nov. 23 - Dec. 21
Someone is not giving you enough for your money. Let them know you won't put up with such poor service. If you don't, the situation will continue. Throw off the nice guy image and get angry.

Capricorn

Dec. 22 - Jan. 20
You're in a good mood at the moment but it could be spoiled by someone who seems to believe you owe them a living. You don't owe them anything. In fact, they owe you so don't let them drag you down.

Aquarius

Jan. 21 - Feb. 19
Your sixth sense is telling you that what you are being told by a friend is not to be trusted. Thank them for their advice then do the opposite of what they suggest. It could save you money — and your reputation.

Pisces

Feb. 20 - March 20
You are somewhat impulsive, which could cause problems with money. You should know by now that few things in life truly come for free, so make sure you know what the real cost is going to be.
SALLY BROMPTON

Crossword: Is a Puzzlement

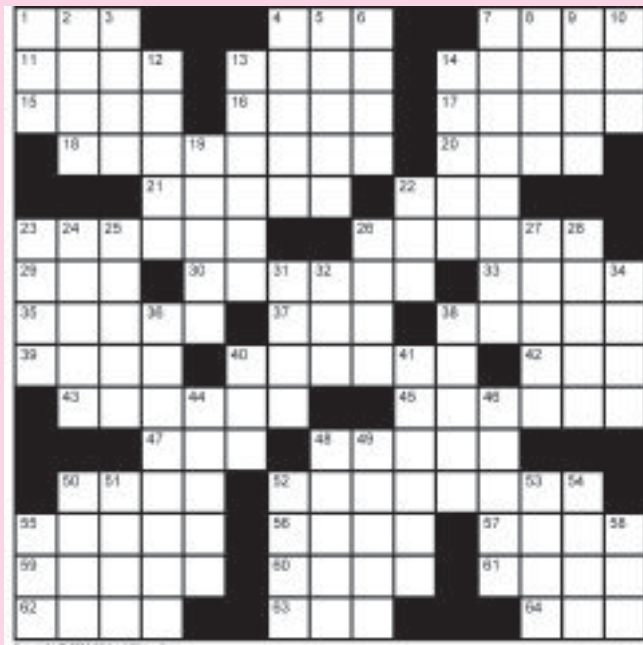
Across

1. Miami's state: abbr.
4. PC maker
7. Sunbathing goal (2 wds.)
11. Points a gun
13. Norway's capital
14. NWT's Great ___ Lake
15. The Queen, or the ship named for her, in short (2 wds.); initialism?)
16. Begin to melt
17. Ontario-born Mandel of *Deal or No Deal*
18. Ontario NHL team
20. Baseball stat
21. Decrease in intensity
22. *The Simpsons* bartender
23. Critic's write-up
26. Prime Minister Pearson
29. Tic-___-toe
30. Cultural no-nos
33. Stumble
35. Set of cultural values
37. ___ Jima: 1940s Pacific battle site
38. ___ hasty retreat: flee (2 wds.)
39. Cut
40. Shopping ___: mall
42. Repair tears
43. Chooses to get e-mail, maybe (2 wds.)
45. Entrance's opposite
47. Island: Fr.
48. "Gosh, you shouldn't've" (2 wds.)
50. Obtained: Fr.
52. East Coast's ___ Provinces
55. Prime Minister St. Laurent
56. ___ Brockovich
57. Cashmere source

59. Afternoon talk show host Winfrey
60. A very small quantity (9th Greek letter)
61. ___ Scotia
62. ___ sign: advertising medium
63. 180° from SSW
64. Tyrannosaurus ___

Down

1. Help page feature: initialism
2. Fibs
3. French friend
4. "___ the Sheriff" (2 wds.)
5. Sound loud
6. Cuts grass
7. Member of a Montréal CFL team
8. "I ___ I taw a pudgy tat!" : Tweety
9. Hertz rival
10. "Her maiden name was ..."
12. Commandments Mount
13. Home of 18-Across
14. Chases away, as an animal
19. Aids a criminal
22. "___ amis": start of a French speech
23. These are found on road maps: abbr.
24. "Jack Sprat could ___ fat ..." (2 wds.)
25. ___: blocker of offensive TV material
26. What a bank robber gets away with
27. Wipe out
28. Religious ceremonies
31. "Très ___"
32. Possess
34. Grizzlies have them
36. Glasses expert
38. Reproduce, biblically
40. Co. in Québec
41. Provincial capital whose name comes from a queen
44. Half-melted snow
46. What 15-Across does
48. Moses's brother
49. Communicate by letter
50. Climber's cord
51. 100 cents, overseas
52. "Deal ___": "I want a hand" (2 wds.)
53. Boggy area
54. Roof overhang
55. Horror film star Chaney Jr. or Sr.
58. GST or PST



Copyright © 2011 Michael Gorenstein

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Weather

TODAY



MAX: 17°
MIN: 6°

FRIDAY



MAX: 24°
MIN: 11°

SATURDAY



MAX: 24°
MIN: 8°



JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



Read metro your money every Tuesday for financial tips, trends and advice. Only in Metro. News worth sharing.

FREE TRIAL

lavalife VOICE

CALL NOW!

204-987-2222
Toll Free: 1-866-348-5282

1-900 BILLING! 1-900-528-2543
DIAL #CLICK (#25425)
79¢/MIN. BELL, ROGERSTM, FIDO
99¢/MIN VIRGIN MOBILE

lavalifevoice.com
18+ *Restrictions may apply

SIMPLE CREMATION

\$850 +GST

WINNIPEG AND MANITOBA'S BEST VALUE GUARANTEED!!!

****Prices subject to change without notice****

At Wojcik's, we employ honest, sincere and professional Licensed Funeral Directors, who are paid by salary and comfortably guide our families through At-Need and Thoughtful Pre-Planning Arrangements.

WE DO NOT SOLICIT NOR EMPLOY ANY HIGH PRESSURE COMMISSIONED SALES PEOPLE

For well over 30 years, Richard Wojcik, owner of Wojcik's All Beliefs & Faiths Funeral Chapel & Crematorium Inc., has worked in funeral service for many of Winnipeg's funeral chapels including both international corporations and Beausejour, MB. Wojcik's is a locally owned family business and for the past several years, Richard, Louise and their staff have served Winnipeg and rural Manitoba communities & cemeteries with the utmost pride and respect.

"If You Want To Be Treated As Family - Choose The Wojcik Family"

- *Original Family Owned & Operated Funeral Chapels •*
- *Privately Owned Crematorium •*
- *Serving All Faiths & Beliefs, Places of Worship & Cemeteries In Winnipeg & Rural Manitoba •*

"We're Still Small Enough to Care"

Wojcik's

**ALL BELIEFS & FAITHS
FUNERAL CHAPEL & CREMATORIUM**

"Where care & compassion come from understanding"

www.wojciksfuneralchapel.com

Photo courtesy of Elchesben Photography



Richard A. Wojcik, Louise, Rachel & Ryan

Located 1 block west of Deer Lodge Centre

**2157 Portage Avenue
@ Sharp Boulevard
204 - 897 - 4665**

&

Serving

**Beausejour, Manitoba
204 - 268 - 2263**

&

Located 4 blocks south of the Redwood Bridge

**1020 Main Street
@ Manitoba Avenue
204 - 586 - 8668**

My daughters. My inspiration.

Yannick Bisson

Actor and father of three daughters.

Join us on **Sunday, September 30.**

Canadian Breast Cancer Foundation

CIBC  **Run for the Cure[†]**

Make a donation and select a gift from the

CIBC Pink Collection.[™]

Visit cibc.com/runfortheure

Like us on facebook.com/cibccommunitymatters
and follow us on Twitter @CIBCCommunity



Canadian
Breast Cancer
Foundation



**FOR
WHAT
MATTERS.**

[™]Trademark of the Canadian Breast Cancer Foundation, used under license. [†]Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation. "CIBC Pink Collection" and "CIBC For what matters." are trademarks of CIBC.

